

MEALS ON WHEELS OF GREELEY AUGUST 2018 DAILY NUTRIENTS

		AUGUST 1 Calories: 821 Carbohydrate:101 Protein: 31 Fat: 33 Fiber: 9.7 Sodium: 999	AUGUST 2 Calories: 596 Carbohydrate:72 Protein: 36 Fat: 17 Fiber: 10.7 Sodium: 892	AUGUST 3 Calories: 673 Carbohydrate:80 Protein: 38 Fat: 22 Fiber: 9.6 Sodium: 758
AUGUST 6 Calories: 914 Carbohydrate:90 Protein: 33 Fat: 49 Fiber: 9.9 Sodium: 997	AUGUST 7 Calories: 742 Carbohydrate:87 Protein: 31 Fat: 30 Fiber: 10.0 Sodium: 1105	AUGUST 8 Calories: 754 Carbohydrate:83 Protein: 30 Fat: 33 Fiber: 10.0 Sodium: 829	AUGUST 9 Calories: 673 Carbohydrate:83 Protein: 38 Fat: 22 Fiber: 10.8 Sodium: 931	AUGUST 10 Calories: 558 Carbohydrate:72 Protein: 25 Fat: 20 Fiber: 13.6 Sodium: 738
AUGUST 13 Calories: 751 Carbohydrate:95 Protein: 38 Fat: 23 Fiber: 10.6 Sodium: 894	AUGUST 14 Calories: 561 Carbohydrate:82 Protein: 23 Fat: 17 Fiber: 11.9 Sodium: 819	AUGUST 15 Calories: 584 Carbohydrate:83 Protein: 30 Fat: 16 Fiber: 10.2 Sodium: 821	AUGUST 16 Calories: 552 Carbohydrate:78 Protein: 34 Fat: 13 Fiber: 9.9 Sodium: 298	AUGUST 17 Calories: 632 Carbohydrate:82 Protein: 32 Fat: 21 Fiber: 9.8 Sodium: 964
AUGUST 20 Calories: 536 Carbohydrate:63 Protein: 38 Fat: 15 Fiber: 9.9 Sodium: 951	AUGUST 21 Calories: 755 Carbohydrate:84 Protein: 35 Fat: 31 Fiber: 9.5 Sodium: 923	AUGUST 22 Calories: 873 Carbohydrate:92 Protein: 41 Fat: 41 Fiber: 9.5 Sodium: 1026	AUGUST 23 Calories: 544 Carbohydrate:60 Protein: 35 Fat: 19 Fiber: 10.5 Sodium: 669	AUGUST 24 Calories: 760 Carbohydrate:85 Protein: 42 Fat: 29 Fiber: 9.9 Sodium: 547
AUGUST 27 Calories: 595 Carbohydrate:81 Protein: 26 Fat: 17 Fiber: 11.8 Sodium: 561	AUGUST 28 Calories: 590 Carbohydrate:85 Protein: 26 Fat: 16 Fiber: 11.1 Sodium: 760	AUGUST 29 Calories: 507 Carbohydrate:72 Protein: 25 Fat: 13 Fiber: 11.5 Sodium: 578	AUGUST 30 Calories: 680 Carbohydrate:95 Protein: 28 Fat: 22 Fiber: 15.7 Sodium: 987	AUGUST 31 Calories:564 Carbohydrate:78 Protein: 40 Fat: 10 Fiber: 10.1 Sodium: 573

Carbohydrates, Protein, Fat, and Fiber are listed in grams (g); Sodium is listed in milligrams (mg)